

Photos by Capt. Jerry Garner, 45th Special Troops Battalion

(Above and right) The 45th STB loads vehicles and equipment onto a C-17 Globemaster at Joint Base Pearl Harbor-Hickam.

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SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — To achieve “readiness” in the Pacific, a unit must be able to quickly prepare its equipment and troops for movement by land, air and/or sea.

Soldiers from the 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, demonstrated their ability to maximize all three modes during a deployment readiness exercise (DRE) held at several locations on the island to validate the battalion’s capability of deploying at short notice, Sept. 8-12.

Soldiers convoyed their vehicles from Wheeler Army Airfield onto the deck of logistical support vessel CW3 Harold C. Clinger at Waipio Point.

The LSV’s crew of Soldiers from 163rd Trans-

portation Detachment trained the 45th troops on how to load and secure their equipment on the deck.

But this was just part of the week’s operations, said 2nd Lt. Collin Hayward, movement control officer, 18th Transportation Detachment, 45th STB.

“We had the battalion’s capabilities spread between different nodes, so we were simulating both air and water deployment,” Hayward added.

While one group was loading its equipment onto the boat, another was also conducting the exercise with a U.S. Air Force C-17 Globemaster at Joint Base Pearl Harbor-Hickam.

“The C-17 portion helped us work through the coordination piece with the Air Force and develop very realistic training,” said Capt. Jerry Garner, operations officer, 45th STB.

The troops loaded six vehicles and two trailers

with tents onto the aircraft.

The groups said they learned that loading vehicles onto a ship is very different than loading them onto a plane.

“We learned how to band these vehicles, strap them down to the ship,” said Spc. Daniel Martinez, an ammunition stocking control specialist with 45th SB. “This was a pretty fun experience.”

Martinez has never deployed or been on a ship.

“I personally have never been on a ship, let alone strap something down as big as a vehicle to a ship,” he said.

When the exercise was complete, the Soldiers downloaded all their equipment from the vessel and the plane, and then convoyed back to Schofield Barracks.

“It’s just a great opportunity to work with some

of the biggest strategic assets here in 8th TSC,” said Hayward. “Getting the opportunity to actually work with an Army boat is definitely a good experience to get our Soldiers spun up on how to do vessel operations.”

The 45th STB’s current deployment status is tentative, but Hayward said it could always change at any time, making readiness key for the unit’s future success.

CW3 Harold C. Clinger

The Army LSV can carry the equivalent of 17 C-17 aircraft loads. The boat has bow and stern ramps for roll-on/off operations, and it can beach itself to load or discharge cargo over the shore in as little as 4 feet of water.



After nearly a year deployed in Afghanistan in support of Operation Enduring Freedom, Soldiers of the 125th FMSU are welcomed home by Col. Duane R. Miller (left), commander, 8th MP Bde., at Honolulu International Airport, Sept. 10.

125th FMSU returns home

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers from Alpha Detachment, 125th Financial Management Support Unit, were welcomed home during a redeployment ceremony at the company’s training area, here, Sept. 10.

With just 23 Soldiers assigned, the detachment successfully resolved more than 4,000 Soldier pay issues and processed over 6,000 military pay transactions while exceeding a 99 percent accuracy rate.

Maj. Ronald Stewart Jr., commander, 125th FMSU, said that while in Afghanistan, the

detachment set the standard for finance support by providing expeditionary financial management support operations for an area spanning nearly 75,000 square miles in Regional Command North and East.

“We are very proud and it’s great hearing from others about how well they did,” said Stewart. “This is very important in our line of work because the last thing you want is for families at home to be worried about their finances.”

Alpha Detachment also conducted more than 120 missions to austere locations with no safety incidents, and dispersed over \$10 million

See 125th A-4

SES discusses Hispanic Heritage

JIM GARAMONE
DOD News

WASHINGTON — In a recent interview, Rhonda Diaz, a member of the senior executive service, discussed federal service and the growing number of Hispanic Americans.

Hispanic American Heritage Month began Sept. 15 and runs through Oct. 15.



Photo courtesy of the National Archives

In September 1950, members of the all-Puerto Rican 65th Infantry Regiment, the “Borinquen-eers” (a nickname derived from the indigenous name for Puerto Rico), prepare to leave for the front lines in Korea aboard the USS Marine Lynx.

Diaz said she believes it is important to recognize Hispanic Americans, as their efforts have often been neglected in the past. The month is important so that others “are exposed to our culture, our traditions and really understand the contributions we have made to the United States, and DOD as well.”

Hispanic American population is growing

According to the U.S. Census Bureau, Hispanic Americans make up just over 17 percent of the U.S. population, and that percentage is growing.

Diaz entered federal service in 1988 as a GS-7. She said she has seen a tremendous growth in the number of Hispanic Americans in government.

“We still have a long ways to go, but we do see a positive trend with more Hispanics entering the workforce,” said Diaz.

Hispanics needed in senior positions

Diaz said she’d like to see Hispanics in more senior Soldier and civilian positions.

Education is key to this process, she said.

“In the personnel community, we are actively trying to recruit Hispanics,” she said. “Over time, as they go through their careers, you are seeing more and more (Hispanic Americans) emerge to be leaders.”

Mentorship is important

Mentorship programs are helpful, she added, and all young workers, no matter their ethnicity or race, should participate in them.

When she talks to young men and women, Diaz said, she stresses the importance of education — the more, the better.

Seek responsibility

From the beginning of her federal career, Diaz said, she has sought out jobs with more and more responsibility, and jobs that would broaden her experiences.

“It gave me a perspective of all the different jobs that are available,” Diaz said.

Selfless service

Many people have helped her along the way in her career, Diaz said. One thing they all impressed on her was that a federal career is “more about selfless service and less about the paycheck,” she said.



Photo courtesy U.S. Army-Pacific Public Affairs

Delegates from 25 countries assemble for a group photo during the opening ceremony of the 38th annual Pacific Armies Management Seminar, Sept. 14, in Dhaka, Bangladesh.

38th iteration of Pacific Armies Management Seminar opens in Bangladesh

JIM GUZIOR
U.S. Army-Pacific Public Affairs

DHAKA, Bangladesh — Leaders of 25 armies across the Pacific theater gathered, here, Sunday, for the opening ceremonies of the 38th Pacific Armies Management Seminar.

The theme for this year’s seminar is “A new focus on the Asia-Pacific region: Opportunities and challenges for land forces.”

PAMS, however, is nothing “new” to the leaders of armies attending this largest annual gathering of land forces.

“The attendees here represent the current and future senior military leadership of our respective countries. The work we do here, over the next few days, will have impacts in the years to come as participants move into the most senior military positions in their countries,” said Gen. Vincent K.

Brooks, commander, U.S. Army-Pacific, and co-host of the seminar.

“Most importantly, the relationships that are renewed here, for some, and initiated here, for others, will form the channels of communication that will help to avert crises among us, and that will enhance military cooperation when we find ourselves responding to an international crisis where we find common interests,” Brooks

explained.

Some of the previous PAMS took place in New Zealand, India, Australia, Japan, the Philippines, Fiji, South Korea, Canada, Singapore and Chile.

Bangladesh has consistently sent a national delegation to PAMS and has provided subject

See PAMS A-4

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Photo courtesy Battleship Missouri Memorial

Rear Admiral Alma M. Grocki, deputy chief of staff for Fleet Maintenance, U.S. Pacific Fleet, serves as the re-enlisting officer for a joint service ceremony on the thirteenth anniversary of 9/11.

Battleship hosts special 9/11 re-enlistment

BATTLESHIP USS MISSOURI MEMORIAL
News Release

PEARL HARBOR — A special joint service re-enlistment ceremony for 31 service members took place on the USS Missouri’s forward main deck under the big guns of Turret One, Sept. 11.

Re-enlisting service members were invited to fly their own national ensigns and received a commemorative flag certificate from the USS Missouri Memorial Association.

“Today, we take a moment to reflect upon the tragic events that forever changed our nation and remember the lives taken during the attacks on the World Trade Center and Pentagon,” said Michael Carr, president and CEO of the USS Missouri Memorial Association.

“Our utmost gratitude goes out to our men and women in uniform who defend our country and work tirelessly to safeguard our lives and liberty every day,” Carr said. “We also extend our appreciation to the families of these Soldiers who share their loved ones so that we can live in a safer, more secure world.”

Military ceremonies aboard the USS Missouri

Since opening in 1999, military ceremonies have been conducted onboard the Mighty Mo, in partnership with the Battleship Missouri Memorial, on an almost daily basis, including re-enlistments, promotions, retirements and changes of command for personnel serving in all armed forces branches.

As of Sept. 1, the battleship has hosted 814 military ceremonies this year.

The Battleship Missouri Memorial is open daily from 8 a.m.-4 p.m. Call (877) 644-4896 or visit USS-Missouri.org.

Rear Admiral Alma M. Grocki, deputy chief of staff for fleet maintenance, U.S. Pacific Fleet, administered the re-enlistment oath to the warriors who recommitted themselves protecting the nation’s freedom.

Former 311th SC(T) deputy commander, Brig. Gen. Janice Haigler, stands to be recognized during the annual Signal Corps Regimental Ball at the Hilton Hawaiian Village, Sept. 5.

Signaleers bid Haigler fond aloha

Story and photo by
LIANA KIM
311th Signal Command (Theater)

FORT SHAFTER — After three years of 12-hour flights to the most remote island chain on the planet for Army Reserve duty, Brig. Gen. Janice Haigler, former deputy commander, 311th Signal Command (Theater), now embraces a nine-hour drive and Washington beltway traffic.

Haigler reported for her new assignment as director of cyber security, Office of the Army Chief Information Officer, Sept. 8.

“One of the accomplishments for which I’m most proud of the 311th is that we have consistently rated at, or near the top, of every measurable U.S. Army Reserve readiness metric,” Haigler said, in reflection on the highlights of her three-year tenure with the 311th.

The 311th team hosted an evening social for Haigler at the Officer’s Club on Joint Base Pearl Harbor-Hickam, Saturday. The 311th unit teams came forward and presented Haigler with lei, gifts and words of thanks for her proactive, hands-on approach to leadership.

“(Haigler) serves as an impeccable example for us all, in balancing one’s Army Reserve duties with a demanding and successful civilian position, which is not one, but two, huge responsibilities,” Maj. Gen. Lawrence W. Brock III, commander, 311th SC(T), told Haigler.

Haigler’s career to date is hallmarked by her service to the Signal community, and as a leader at the joint and multinational level, Brock said.

“She has given unfailing support to the exercises and operations we support throughout the Pacific and the world. She provided the oversight and command emphasis to ensure improvement of our readiness posture,” said Brock, “and, when called upon, embodied that physical presence, the boots on the ground needed to help cement and strengthen relationships between the U.S. and our regional partners.”

Brock directly addressed Haigler in his closing comments.

“You applied your knowledge

gained from nearly 30 years in the Signal Corps to build on the strengths of our dynamic team of Soldiers and civilians, and made a positive impact on our communities throughout the Pacific, the Signal Regiment and the Army,” Brock said.

“The 311th is an amazing organization, and I remain in awe of all you do for the Army and the nation,” Haigler said at her farewell social. “Many thanks for allowing me a small part in this great unit. I am humbled and honored to have had the opportunity to serve with you.”

For her exceptional support since 2011, the 311th SC(T) command team of Brock and Command Sgt. Maj. Darris Curry presented Haigler with the Legion of Merit Award during a Joint Communicators Forum in the Mission Training Complex, Schofield Barracks, during Signal Week, Sept. 2-5.

Haigler was also recognized at the annual Signal Corps Regimental Ball, Sept. 5, before about 800 signaleers and their spouses celebrating the 154th birthday of the Signal Corps.

–FISTSTEPS in FAITH– Battle buddies prevent suicides

CHAPLAIN (MAJ.) JAMES BLOUNT
U.S. Army Garrison-Hawaii

“There are those who look at things the way they are, and ask why. ... I dream of things that never were, and ask why not?”

— Robert Kennedy

What if we all thought of each other as potential battle buddies?

The idea is that everyone you come into contact with in our military community is your battle buddy. It could create such a positive environment, where no one would be left out and everyone could maybe, just maybe, be truly heard and understood.

One of the major ways to try to prevent suicide is to provide some type of genuine and effective social support system for people who are at risk. A genuine and effective social support system must be made up of people who really care about the individual at risk and who are really listening, looking and trying to understand where that person is coming from.

There is no sure way to predict and stop every single suicide, but we must do a better job of connecting the dots in the lives of those we care about who may be at risk.

I found myself in a situation many years ago at Camp Bond Steel, Kosovo, where I had the opportunity to be the support system for a Soldier who had become depressed and then enraged to the point of becoming homicidal and suicidal. He had fired his weapon, chased everyone out of the Soldiers’ living quarters and closed

Blount

See FIF A-2

Voices of Ohana

September is National Preparedness Month

“How have the recent disaster threats (hurricanes, flash floods, Makakilo brushfire) reinforced your preparedness?”

Photos and interviews by Jackie M. Young, Star-Advertiser

“I have boards and tons of duct tape for the windows and door frames, and I’ve stocked up on canned food supplies.”
Sgt. Antonio Henriquez
Mortuary Affairs Specialist, 209 ASB, 25th CAB, 25th ID


“I’ve stocked up on water and food, the usual.”
Sgt. 1st Class Dale Bloomer
Shops Platoon Sergeant, Co. D, 2-6th Cav. Regt., 25th CAB, 25th ID

“I haven’t been doing that much, really.”
Spc. Benny deBrum
Mechanic, HSC 209th ASIS, 25th CAB, 25th ID

“My wife and I have acquired more fresh water, food and supplies — canned goods, candles, etc.”
CW2 Robert A. Kilpatrick
ATC Warrant Officer, HHC, 25th CAB, 25th ID

“I’m from Florida so I’m used to preparedness. We’ve bought tape, food, water and additional supplies.”
Sgt. 1st Class Vicki Wood
Brigade Schools/Flight Medic, HHC, 25th CAB, 25th ID

USARPAC SENDS



September 12, 2014

Team 6 Note #4 – Azimuth Check for 2015

ONE TEAM! On 2 July 2014 my tour of duty in command crossed the 1-year mark. So let me begin by saying, “THANK YOU, ONE TEAM!” for a great year. In a short period of time we implemented many changes: in azimuth, in organization, in relationships, in authorities, in forces assigned – within USPACOM, within the Army, and within the Indo-Asia Pacific Region. This was absolutely tremendous work by those who were on the team during this dynamic time.

Over the last four months we’ve seen a significant amount of transition among our teammates through Permanent Changes of Station or through their departures from active service in our ranks. For those who PCS’d – we are hopeful that they will carry the knowledge gained with the Pacific’s One Team, and our approach to teamwork, with them into their next assignment. Keep making a difference! For those who departed by separating from the service, again, I say “THANKS” for the service you gave to our Army and our Team. As many of you know, in order to reduce the size of the Army from 495,000 active Soldiers to 450,000 active Soldiers we must release 45,000 talented and experienced professionals. Such numbers cannot be achieved through the normal losses that occur through an “up or out” promotion system, through separations for misconduct, mandatory retirement, and death or disability. That means, we, as an Army, have to ask more than these numbers to leave. Some of those who left our Team this year fall into this category and in the coming year we will see more. I would ask for you to view this as necessary. As Army professionals, we are raised and supported by our Nation, and our Nation has ordered that we get smaller. So as we see our talented and experienced professionals leaving the team, we want to ensure they feel the gratitude we have for their service and sacrifices. That will not be easy for them since no winner wants to leave a winning team while they still have something to offer. Many will have the opportunity to continue serving in the reserve components and we should encourage that. So tell them “thank you,” assist them in their transitions, and ensure they stay connected to the Team as Soldiers for Life.

In the coming months and over the next year we will see some exciting capabilities coming on line in the Pacific. Some examples include:


- The first Operation PACIFIC PATHWAYS which is underway and will end in October – wherein we will take a highly-ready unit, tailored into a special task organization, and deploy it into countries west of the International Date Line for exercises and engagements for about four months (from end to end); we are planning and preparing to do this three times in the next year;
- An increase in Army use and other countries use of the Pacific-based extreme cold weather and high altitude training programs at the Northern Warfare Training Center in Alaska, and similar amount of activity in the Jungle Operations Training Course in Hawaii;

Our approach in USARPAC will be to look for more opportunities and more creative ways to build our readiness to respond in a time of need, while helping shape the region for greater security and economic prosperity, achieving a posture of our forces, our equipment, and our relationships that will put us in a better position to meet future challenges. We have the opportunity to become better acquainted with the Indo-Asia Pacific region so that our cultural and environmental understanding creates the deepest foundations of trust (for us and from us). Throughout we will be communicating within and across the command, up to our higher headquarters – USPACOM and Department of the Army, and with the communities and American public who support us daily.

Sticking together as ONE TEAM, respecting and supporting one other as individuals and as teams of teams, will ensure the next year is an exciting and professionally fulfilling year. What a great time to be a Pacific Warrior and what a great privilege it is to serve our Nation here and now. I’m proud of you and I look forward to seeing you, and your achievements of excellence in the months ahead.

And when you are talking to family and friends back home, help to tell the story of the work you and your teammates are doing so they are aware of the heavy lifting that happens every day on your team!

ONE TEAM!



Vincent K. Brooks
General, U.S. Army
Commanding

The senior Army officer for the Pacific, Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, details where USARPAC has been and what’s to come in the future. Brooks took the opportunity to thank Pacific warriors and combined agencies as “One Team.”



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SUICIDE PREVENTION AND AWARENESS



Tech. Sgt. Todd A. Pendleton

TAMC Soldiers and civilians pay their respects to the fallen during the National Day of Service and Remembrance held Sept. 11.

TAMC remembers 9/11

2ND LT ALLISON SCHORE
Pacific Regional Medical Center

HONOLULU — At 9:25 a.m., on the 13th anniversary of the 9/11 attacks, Tripler Army Medical Center staff took time on General’s Loop to reflect on the fallen and to remember the lives that were lost on that tragic day.

“It truly is a day that most of us will remember,” said Col. Jennifer Bedick, deputy commander, Nursing. “We remember what we were doing at the time that it happened. We remember our thoughts. We remember friends that we might have known that were lost. We remember so many things of that day. And we remember that we can never ever forget those events.

“When we think about that day, we think about service; we think about commitment and we think about sacrifice,” Bedick said.

Guest speaker Allen K. Hoe, an Army Vietnam veteran, delivered a heartfelt message, too, about how so many lives were changed on that day and how a younger generation chose to serve in response.

“They decided to make a difference in the lives of others in the only way they were raised —

as patriots in service to their country,” said Hoe. “Today, our nation remembers those tragic events with this observance of Patriot Day and a national day of service each year. I see it every day, and I see it now in those faces of our nation’s greatest gift to the world, our men and women in uniform.”

Hoe lost his oldest son, 1st Lt. Nainoa K. Hoe, on Jan. 22, 2005, in Mosul, Iraq, where he was killed in action.

Spc. Nghai Bao, Neonatal Intensive Care Unit, reflected on the day by describing a personal point of view of 9/11.

“I was going to school, and I remember hearing it on the radio,” said Bao. “I guess I didn’t really understand it at that point, how much of a deep impact it would be, and then I got in to the classroom, and it was on TV. And that’s all we did throughout the whole day.

“I sat there and thought, wow, this is going to affect a lot of people,” Bao continued. “That was actually one of the reasons I joined the Army. ... It’s great to be here at this ceremony, because looking back at that day, I can’t believe it’s been 13 years. I look at it now and think, this is why I’m here.”

FiF: Blount risked life to save a buddy

CONTINUED FROM A-2

himself inside where he put on full combat gear.

He was waiting there, ready to take as many people out as he could before they would kill him.

He told me not to come in, but I came in anyway to face an M-16 pointed directly at my head.


For more than five-and-a-half hours we talked, and I looked and listened, trying to connect the dots. He and I became battle buddies during those hours, and eventually, I earned his total trust. Finally, someone was really listening to him and taking him seriously.

To make a very long story short, he eventually gave up and no one was hurt. Thank God for that!

We simply must be there for each other during difficult times and never leave someone behind. Ask, Care and Escort. Most importantly, we

must really look and listen, always trying to connect the dots.

(Editor’s note: Blount received the Soldier’s Medal for his actions in Kosovo.)



Courtesy photo

ACE is a handy reminder of how to help fellow Soldiers.

RELATED STORY

- Read about suicide prevention on page B-7.

Pacific USAR leaders gather for Readiness Academy

Story and photo by
CAPT. LIANA KIM

9th Mission Support Command

FORT SHAFTER — The leadership teams of about 50 Army Reserve units across the Pacific converged at the 9th Mission Support Command headquarters campus, here, to ensure their operational relevancy, Sept. 8-12.

“Our No. 1 goal is to become proficient at what we do, but above all, the most important thing for every unit is your command climate,” said Brig. Gen. John Cardwell, commander, 9th MSC, during a general session of the academy. “Everything you do in training your troops and improving readiness goes back to people.”

The leaders also participated in team-building exercises to foster professional relationships among the command teams from Alaska, Guam, Saipan, Korea, American Samoa and Hawaii.

“My dad, as a football coach, would always say, ‘You can’t coach players. You can coach people,’” said Cardwell. “I ask you to, please, think about that every day.”

A team of 9th MSC Sexual Harassment/Assault Response and Prevention representatives presented a moving dramatization of a common off-duty setting in which an incident of sexual harassment could occur, and stayed in character for a question and answer session afterward, so leaders could explore what led or contributed to their hurtful and destructive behavior.

“My team is here to help you show your Soldiers what right looks like,” said Col. Raymond Loo, Inspector General, 9th MSC. “An open door policy has to be exercised. You can’t just simply keep your door open. You must get out and talk with your Soldiers, have a meal with them and get



Maj. Ramzy Nefoussi (center), 9th MSC, provides guidance to the Soldiers responsible for managing the audiovisual presentations during the CTRA training event, Sept. 8-12.

to know them.”

9th MSC primary and special staff sections shared helpful information with the leadership teams on training and readiness focus areas, and best practices and techniques critical to increasing overall unit readiness.

“Protect your time and hold your noncommissioned officers accountable as the unit’s primary trainers,” Master Sgt. Maurice Ford suggested, during a discussion on leaders’ endless efforts to ensure scheduled training is not cancelled or rescheduled.

“I don’t expect 100 percent perfection in your

October training schedules, but I do expect 100 percent effort, because I want us to learn,” Cardwell said. “We’re going to retrain ourselves how to train.”

“We have so many more capabilities than just issuing personnel security clearances,” said Sgt. 1st Class Mark Townley, senior intelligence analyst, 9th MSC, speaking of what the intelligence team can do to help command teams improve unit readiness.

“The G2 (intelligence) can help you as commanders to identify the security requirements of your wartime mission and help you train for

Commanders Training and Readiness Academy

The academy is designed to expose USAR leaders to best practices and critical techniques to intensify focus on operational priorities, including personnel readiness, unit readiness and leader development.

Aimed to improve mission capability and readiness, as well as overall command cohesiveness, topics included four top priorities for the command teams:

- Health of the force,
- Manning the force,
- Training the force and
- The Sexual Harassment/Assault Response and Prevention program.

those requirements,” Cardwell said.

There are so many opportunities out there for the 9th MSC, as it looks at how to best posture itself to be relevant in the Pacific, said Col. Derek Remington, 9th MSC plans officer.

“We are assisting in coordination with various other organizations on the island to develop rapid mobilization teams,” explained Remington.

“Many of our operational plans have been verbal in the past, so I’ve asked (plans) to help me get them on paper, so you have documentation of why you exist, so you as command teams can defend your purpose and plan your training accordingly,” Cardwell said. “By having a plans cell, we can look further down the road to more closely influence what we do, where we go and how we operate.”



Sgt. 1st Class Patrick Hernandez, second platoon sergeant, Sapper Co., emplaces a Claymore mine during an exercise, Sept. 9, on East Range Training Complex. The Sappers worked on their infantry tactics to sharpen their combat skills.

29th Engineers prep for the battlefield

Story and photo by
STAFF SGT. TRAMEL GARRETT
3rd Brigade Combat Team
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A group of enemy combatants attack a command post with every intention of breaching the perimeter, making numerous attempts to gain an advantage, but the structure seems to be impenetrable.

This particular command post is a well-built position because of the dedication to duty and attention to detail of the engineers assigned to Company A, 29th Engineer Battalion, 3rd Brigade Combat Team.

It was designed to prevent the loss of Soldiers and equipment.

“This is important primarily because it provides survivability for our equipment in the event of an attack,” said 1st Lt.

Kenneth Ganneta, Alpha Co.’s assault and obstacle platoon leader.

The engineers of the 29th are tasked with building some of the most significant constructions on the battlefield, and continuous training is the catalyst for mission success.

“Without this training, we would not be able to protect our position,” said Pvt. Jason Miller, a horizontal construction engineer.

The platoon focused on building a command post with the intent to ward off enemies while commanders make assessments to win on the battlefield.

Additionally, the second platoon of the Sapper Co. coordinated with the assault and obstacle platoon to sharpen their tactical skills. Engineer Soldiers who weren’t training on new equipment were tasked as

an opposing force to increase the effectiveness of the training.

“We began a crawl-walk phase with dismounted movements and reconnaissance,” said 1st Lt. Jonathan Duran, Sapper Co. second platoon leader.

Duran explained how this is important for light dismounted Sappers.

“We have to focus more on infantry tactics and involve the engineers in our maneuver role,” he said. “We continue to train and learn to become more proficient and operate smoothly in the future.”

“This training is incredibly important,” said Ganneta. “Our Soldiers are becoming familiar with numerous pieces of equipment, which will keep their skills sharp. I’m 100 percent confident in my Soldiers’ abilities on the front line.”

PAMS: Seminar begins

CONTINUED FROM A-1

matter expert presentations on numerous occasions. This year marks the second PAMS co-hosting for the Bangladesh army, as it has hosted a PAMS previously in 1994.

The Bangladesh army’s close partnership with the U.S. Army, through numerous exercises and cross-training activities (including the Pacific Resilience Disaster Relief Exercise and Exchange, the largest U.S. Army disaster exchange in the region), led them to co-host once more.

“We have a number of courses that we train every year with the U.S. and Bangladesh. We expect to double-up our military-to-military cooperation even further,” said Lt. Gen. Md. Mainul Islam, chief of general staff, Bangladesh army.

PAMS

Expanded from the original nine nations attending PAMS I in Honolulu in 1978, PAMS is one of the premier theater security cooperation events for the Army in the Pacific, offering professional development opportunities for future leaders.

125th: Warriors return

CONTINUED FROM A-1

in U.S. and Afghani currency without incident or loss of funds.

“It was great,” said Sgt. 1st Class James Windham, dispersing agent, about handling over \$10 million without mishap. “I got to learn a new job in the Army. It’s one of my biggest accomplishments.”

For Sgt. Shawana Booker, military pay noncommissioned officer in charge, it was making sure Soldiers were paid correctly that mattered most to her.

“We made sure Soldiers were getting the entitlements they deserved,” said Booker. “Any problems they had, we took care of.”

“We did great,” said Capt. Brandon Austin, commander, Det. A, praising the work he and his Soldiers accomplished. “We were the best finance detachment in theater during our time in Afghanistan.”

(Editor’s note: Alpha Detachment, 125th FMSU, falls under the 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command.)

Soldiers for life attend RAD 2014

Story and photos by
U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — They began arriving at the Nehelani before sunrise, here, in battalion strength, before the organizers and participating agencies had even set up their tables.

Some rolled in on wheelchairs; some walked unsteadily with the support of spouses, canes or comrades; and some defied the aging process with a crisp march as they reunited with old battle buddies.

Hundreds of retirees, representing thousands of years of service, attended Retiree Appreciation Day (RAD) 2014, Saturday, to get the latest information on the benefits and services they have earned. They ranged from World War II to continuing operations in Afghanistan, with representatives of every conflict in between.

“Our retirees look forward to this event every year. Many of them show up at 6-6:30, like they did this morning, before we do,” said Matt Matunas, chief, Retirement Services Office, U.S. Army Garrison-Hawaii Directorate of Human Resources. “It’s a good event for them to get in touch with old buddies and find out about the latest legislation affecting retirees and surviving spouses.”

Sequestration abruptly cancelled RAD 2013, and Matunas had to wave off 40 or so retirees who hadn’t gotten the late word. This year’s event was scaled back a little because of budget restraints.

“Things happen, and that’s part of working for the government,” shrugged Matunas, himself a retired Navy chief petty officer.

Keynote speaker Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, was unable to attend in person, instead sending a prerecorded situation report to the retirees, adding that he knew the former Soldiers understood that when Washington calls, Soldiers answer. Brooks mentioned a number of senior officers and noncoms who had recently retired or were just about to retire, including his USARPAC command group battle buddy, retired Command Sgt. Major Frank Leota.

“I value retirees. I hope to be one some day,” said Brooks, before introducing Maj. Gen. Edward Dorman III to offer opening remarks in his stead.

One of the retirees, 93-year-old Daniel Carvelho, served in two wars, the occupation of Japan and at the Pentagon.

“I usually come to these meetings every time they have one,” said Carvelho. “I don’t drive any



Participants at Retiree Appreciation day check out deals offered by the Armed Forces Recreation Center’s Hale Koa Hotel on Waikiki Beach. AFRC was one of the many displays bringing awareness of services available to Army retirees.

more, so my daughter brings me here. I like to keep up to date on what’s going on.”

Like many of the displays, the garrison’s Family and Morale, Welfare and Recreation representatives were running out of info pamphlets, and more, by the time the JROTC cadets from Leileihula High School posted the colors to formally begin the program.

“We’ve had a lot of interest in MWR, especially in leisure activities, discounts for travel,” said Erin Wright, FMWR marketing specialist and the spouse of a deployed Soldier. Many of those visiting the MWR table were recent widowers who wish to stay connected with their Army family.

“They’ve told us their spouses have passed on,” said Wright. “They’re here, getting out and about, and it makes us feel good to know that we have something to offer them.”

One benefit that tends to be overlooked until it’s too late is the death of a retiree.

Retired Sgt. 1st Class Alan Wilson, garrison Casualty Assistance Office, spoke to one retiree after another, about this oversight, as he distributed information.

“Sorry to say, but many stop buy the table after they hear me explaining to someone what to do, and then they get interested and pick up the information,” said Wilson. “A lot of the retirees don’t know what to do when something happens. They’re very happy we’re here handing out information.”

A recurring theme throughout the morning, for both participating agencies and the retirees, was the Soldier for Life concept. Most of the retirees, when asked, said they were attending to see old comrades and to stay connected to the Army.

“The Army definitely has the best retiree program of all of the services,” said Matunas. “The big thing is letting them know that the old adage is true: Once a Soldier, always a Soldier.”



Photo by U.S. Army Garrison-Hawaii

Taps is sounded in memoriam of recently passed retirees. Spc. William Hamilton, instrumentalist, Tropic Lightning Band, renders the mournful bugle call.

(Photo has been altered from its original form; background elements have been removed.)



Rema Reyes, Directorate of Human Resources assistant, sets up the Retiree Appreciation Day registration desk on the lanai of the Nehelani, the first stop for the hundreds of retirees who participated, including many who arrived before sunrise.

NEWS Briefs

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today
National Preparedness Month — The lights are out and the wind is howling. Rain is pelting the windows, and when you look around, all you see is fear and uncertainty.



When disaster strikes, if you are properly prepared, there's less stress for you and your loved ones. TRI-CARE offers guidance on disaster preparedness. Visit www.tricare.mil/DisasterPrep091114.

Performance Triad — Soldiers, civilians and family members are invited to take a survey about the Performance Triad. Visit <http://go.usa.gov/P6j4>.

Suing For-Profit — The Consumer Financial Protection Bureau sued for-profit college chain Corinthian Colleges, Inc. for its illegal predatory lending scheme. The Bureau alleges that Corinthian lured tens of thousands of students to take out private loans to cover expensive tuition costs by advertising bogus job prospects and career services. Corinthian then used illegal debt collection tactics to strong-arm students into paying back those loans while still in school.

To protect current and past students of the Corinthian schools, the Bureau is seeking to halt these practices and is requesting the court to grant relief to the students who collectively have taken out more than \$500 million in private student loans.

The complaint against Corinthian can be found at http://files.consumerfinance.gov/f/201409_cfpb_complaint_corinthian.pdf.

VA Learning Opportunities — Each year, more than 250,000 service members take off their uniform for the last time. And for those transitioning veterans, among the first questions they ask is "What's next?"

To help answer the what's next question, the Department of Veterans Affairs is introducing a plan to incorporate Accelerated Learning Programs (ALP) as a way to bridge the gap between veterans' separation from service and successful civilian employment outcomes.

A roundtable discussion brought together key government agencies, education entrepreneurs and thought leaders, social impact subject matter experts and private sector employers to discuss the potential benefits of ALPs.

Next steps include additional research and evaluation of these non-traditional modes of education.

23 / Tuesday
Shafter Blood Drive — The blood collected, 9 a.m.-1 p.m., at the 205th Military Intelligence Battalion (Bldg. 520) will support Tripler Army Medical Center needs, as well as weekly shipments to Afghanistan. All blood types needed, especially O negative.

Before you donate, drink lots of water, have a good breakfast, eat iron-rich foods and check your donor eligibility for medical/malaria risks.

Call 433-6699 or visit www.militaryblood.dod.mil/Hawaii.

24 / Wednesday
Hispanic Heritage North — Beginning at 11:30 a.m. in the 2nd Stryker Brigade Combat Team's Warrior Inn (Bldg. 2085, Aleshire Ave.) is the first of several themed meals to promote awareness, mutual respect and understanding of cultural foods for Hispanic Heritage Month, with educational displays, videos, artifacts and handouts.

Special meals will also be served Oct. 1 and 8, with the formal observation on Oct. 15. Call 655-4299.

26 / Friday
MP Ball — Attend the 73rd Military Police Anniversary Ball, 5 p.m., at the Sheraton Hotel in Waikiki

Beach. Call 655-6812 for tickets and details.

29 / Monday
Fall Cleanup — A weeklong fall cleanup campaign begins for Schofield Barracks/Wheeler Army Airfield. All units, individual Soldiers, Army civilians and family members will be involved. Call 655-1750.

October 3 / Friday
HSO Closed — The Shafter Housing Services Office closes, re-opening Oct. 8. The Schofield HSO (Bldg. 950, 215 Duck Road) will remain open to assist. Call 655-3073.

4 / Saturday
Flu Fighters — It's flu season once again, and it's time to get immunized. Tripler Family Medicine enrollees (6 months of age or older) may visit Family Medicine Clinic, 8 a.m.-noon, and again, Oct. 18, for their annual flu shot. Protect yourself and everyone around you. Fight the flu!

9 / Thursday
Hispanic Heritage South — Celebrate Hispanic Heritage Month on the Grand Lanai at the Hickam Officers Club, 10 a.m., hosted by the 94th Army and Air Missile Defense Command.

11 / Saturday
Living History Day — See history come to life at the Tropic Lighting Museum. Call 655-0438.

Ongoing

CFC — The Combined Federal Campaign is the world's largest and most successful annual workplace charity campaign, with more than 150 CFC national and international campaigns raising millions of dollars each year. Defense Department employees nationwide have the opportunity to give to the DOD campaign through Dec. 15.

Participate in CFC any way you can. Learn more at Defense.gov at www.defense.gov/home/features/2014/0914_cfc/.



Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

Today
Drill — Hale Kula Elementary School, Schofield Barracks, will hold its annual evacuation drill between 9-10:30 a.m. Expect traffic delays in the vicinity of Ayers Avenue and McMahon Road. Stay alert, watch for children and pedestrians, and be prepared to stop at designated locations. Use extra caution while in the area.

20 / Saturday
Seat Check — Hawaii's Child Passenger Restraint Law requires children less than 4 years of age to ride in a child safety seat. Children 4-7 years old must ride in a child passenger restraint or booster seat. Violators are required to appear in court. If convicted, violators are required to attend a four-hour class and may be assessed a penalty of \$100-\$500.

HDOT launched Child Passenger Safety Week on Monday, with a clear message: "Let's protect our keiki."

During Child Passenger Safety Week, Sept. 14-20, and throughout the year, Hawaii's child passenger safety technicians are dedicated to helping parents and caregivers learn how to correctly install child safety seats and properly buckle up keiki, whether it's in car seats, booster seats or using the vehicle's seat belts.

Get your seat(s) checked at Waipio Shopping Center, Waipahu, free, 10 a.m.-1 p.m., by certified child passenger safety technicians who have been trained to provide instruction on how to choose the right car seats, how to install them and how to use them correctly.

Hawaii has more than 150 certified technicians from all walks of life, in-

cluding firefighters, law enforcement officers, medical professionals and parents — all with the same passion and goal, keeping our keiki as safe as possible while riding on our roadways.

Visit the Keiki Injury Prevention Coalition Hawaii at www.kipchawaii.org or www.safercar.gov/parents.

22 / Monday
Honolulu — HDOT is conducting a trial to determine how removal of traffic cones will affect traffic flow during the morning peak congestion period at the Lunalilo Street on-ramp to the westbound H-1 Freeway. Vehicles will be allowed to enter the freeway from the Lunalilo on-ramp, weekdays, during the morning rush hour for a two-week trial period.

The current morning coning redirects traffic to the Punchbowl Street on-ramp. It is placed each weekday morning, 5:45-6 a.m., with removal 8:15-8:30 a.m.

The coning started with trials in 1997 and 2004 as efforts to reduce westbound morning traffic congestion and increase traffic flow through the freeway corridor. The trials were deemed successful and cones have remained in place.

HDOT will be closely monitoring the traffic during the two-week trial.

AMR Gate — The second phase of Aliamanu Military Reservation's front gate construction will begin today, followed by a 24-hour road closure, Sept. 24-Oct. 6.

23 / Tuesday
Shafter Outage — A test of the emergency backup system for buildings 108, 109, 113, and 114 takes place, 8-9 a.m. The power outage will also impact the NETCOM signal router located in that building.

Since the signal router connects to devices in other buildings, the following connected buildings will also be impacted: 102, 104, 111, 113, 114, 115, 116, 117, 118, 121, 122, 123, 126, 127, 128, 145, 520, 711, 718, 719, and 725.

Corresponding users are advised to power down all related computers, signal and data storage equipment during the scheduled one-hour outage.

PAU HANA

Mystery Customer

USAG-HI seeks feedback

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Have you ever walked into a store and left after five minutes because you couldn't find the item you were looking for, due to confusing or lack of proper signage?

Or, have you called an office with a simple inquiry, only to be put on hold for so long that the "muzak" you heard on the other line is still playing in your head?

U.S. Army Garrison-Hawaii wants to hear all about it.

The Mystery Customer Program provides garrison customers — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations — the opportunity to give honest feedback on the services they receive at USAG-HI facilities.

"We have a policy that dictates what our standard of services are for garrison employees, and this is a way to evaluate, from a customer's perspective, how we're doing," said James Brown, customer relations management lead, Plans Analysis and Integration Office, USAG-HI.

According to Brown, the garrison commander's policy is to support every community member through the Hawaiian value of "pono" (righteousness), which means all USAG-HI employees are expected to act in a polite, positive and professional manner.

"(The policy) really outlines what we should offer or present to customers, both electronically and in person," Brown explained. "The (Mystery Customer Program) allows us to listen to our customers and evaluate our services based on these

qualified standards that we have."

The Mystery Customer Program was implemented in 2012 and is one of several Customer Relationship Management initiatives USAG-HI uses to continually measure and improve upon the service experience.



Other ways to be heard include surveys, focus groups, town halls, service spot checkers, Ask the Garrison Commander, Garrison's Good Ideas and the Web-based Interactive Customer Evaluation (ICE) system.

"We have about six to eight different, active methods to listen to our customers," Brown said. "The reason why we're here is to serve those Soldiers and families and retirees, and by getting their feedback on the services that we provide, it helps the garrison as

we allocate resources, both human and financial, to certain programs that may be more important to customers versus others.

"There are certain beliefs the community may have about a certain service, and this is a way to spot-check that," Brown added, noting that the biggest hurdle the program faces is the lack of participation.

"That's been the greatest challenge, to get people to participate," he admitted. "But this is a program where customers don't need to do anything outside of what they normally do. Being able to, at their leisure, go out and do it, and then send it back to us electronically — it minimizes the inconvenience on the customer's part.

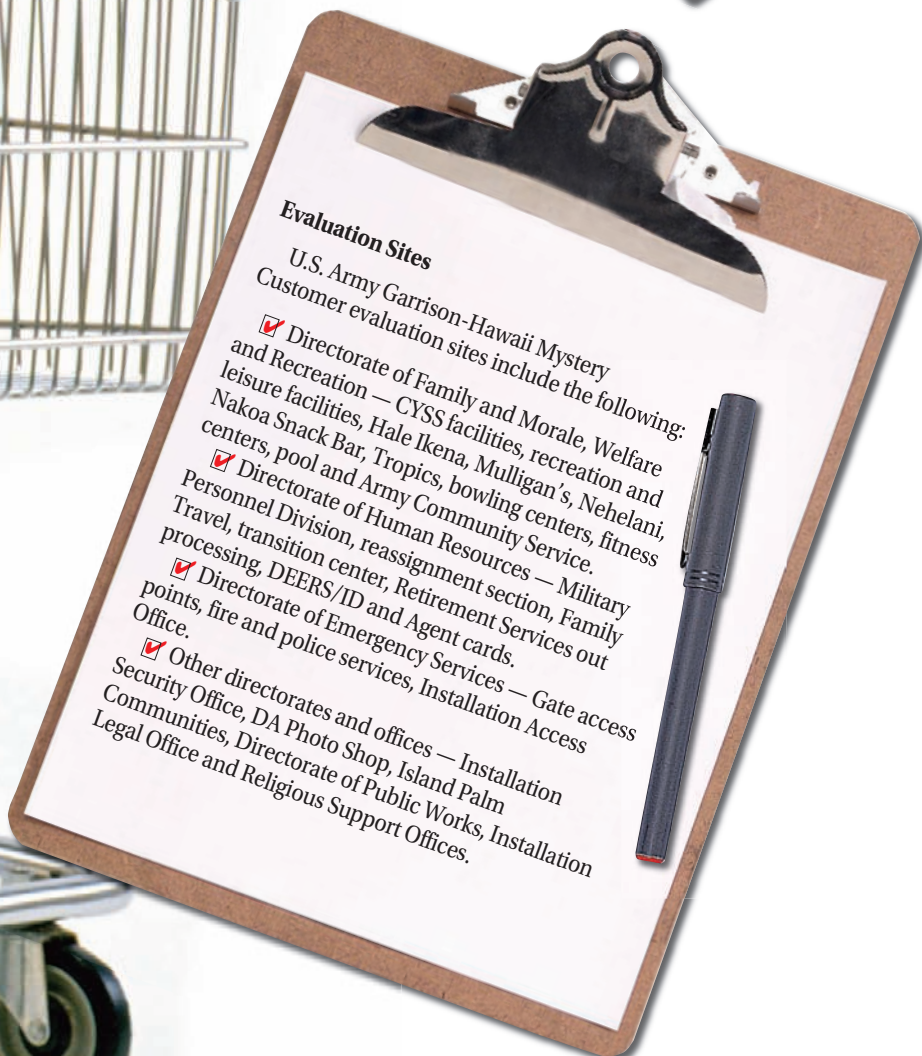
"We have multiple ways to listen to customers," Brown stated. "That's important, because it allows us to listen to our customers."

Mystery Customer Program

To become a "mystery customer," call the Customer Relations Management Team at 656-0880 or 656-0881, or log on to www.garrison.hawaii.army.mil/crmt/default.htm and watch the Customer Service Philosophy video.

Next, provide your contact information, to include name, email and phone number, to usaghi.cms@us.army.mil, with the subject "Mystery Customer Program." You will be sent an evaluation form via email.

Conduct the evaluation during your next visit to any garrison facility, then complete the form and return, in JPEG or PDF format, to usaghi.cms@us.army.mil.

**Evaluation Sites**

U.S. Army Garrison-Hawaii Mystery Customer evaluation sites include the following:

- ☒ Directorate of Family and Morale, Welfare and Recreation — CYSS facilities, recreation and leisure facilities, Hale Ikena, Mulligan's, Nehelani, Nakoa Snack Bar, Tropics, bowling centers, fitness centers, pool and Army Community Service.
- ☒ Directorate of Human Resources — Military Personnel Division, reassignment section, Family Travel, transition center, Retirement Services out processing, DEERS/ID and Agent cards.
- ☒ Directorate of Emergency Services — Gate access points, fire and police services, Installation Access Office.
- ☒ Other directorates and offices — Installation Security Office, DA Photo Shop, Island Palm Communities, Directorate of Public Works, Installation Legal Office and Religious Support Offices.



Briefs

Today

Bouldering 101 — Come learn the basic technique and skills to be safe with Bouldering 101. Overcome any route and improve your overall climbing abilities with Outdoor Recreation. It’s the latest trend open to patrons ages 10 and over.

Class will be held at the Schofield Barracks Health and Fitness Center. Cost is \$15, per person, 5:30-7 p.m., Sept. 19. Call 655-0143.

EDGE Home School Art Program — In partnership with Schofield Arts & Crafts, come work on watercolor painting. Participants should be in 1st-12th grade. The two-day series is Sept. 19 and 26 for \$15, per series. Call 655-9818.

20 / Saturday

CYS National Day for Kids — Join this celebration for kids, with a great day of fun, entertainment and prizes. It’s open to military children and youth of all ages at the Schofield Barracks School Age Center. Event is 10 a.m.-2 p.m. and features free food, bouncers, live DJ, games and a SKIES Expo with demonstrations. Call 655-5314.

23 / Tuesday

Taco Tuesday Night — Every Tuesday Night, enjoy three tacos, rice and beans at SB Kolekole Bar & Grill for only \$4.99. Call 655-4466.

24 / Wednesday

Teen Manga Club — If you’re a teen that’s interested in manga, Sgt. Yano Library is the place to be, Sept. 24. Whether you’re a manga fiend or just getting into it, come join the free semimonthly meetings to improve the manga collection, share artwork and other activities. Club is for ages 12-17. Call 655-8002.

Keiki Night — Every Wednesday night is Keiki Night at Kolekole Bar & Grill. Kids under 10 eat for a \$2.99 from the keiki menu from 5-8 p.m. Call 655-4466 or 438-1974.

Spades Tournament — Takes place every Wednesday night, 6 p.m., at Tropics, with finale to be held the last Wednesday of the month. Sign up between 5:30-6 p.m. Tournaments start promptly at 6 p.m.

25 / Thursday

Tropical Thursdays — Join

WAIKIKI BLOCK PARTY



Photos by Derrek H. Miyahara, President / Principal Photograph

The Waikiki Hoolaulea returns 7-11 p.m., Saturday, with multiple stages of entertainment, food and crafts that combine to make it Hawaii's largest annual block party. A part of the 2014 Aloha Festivals, this free event kicks off with the arrival of the Royal Court and takes place along the world famous Kalakaua Avenue from Lewers to Kapahulu avenues.



The Royal Hawaiian Band performs during last year’s festival. Waikiki’s main boulevard will be filled with food, entertainment and craft options for visitors to enjoy as part of this 62nd annual festival.

Tropics Recreation Center every Thursday for Texas Hold’em beginning at 6 p.m. This free weekly tournament lets you test your skills against the best of the best Army players around.

All ID cardholders 18 and older are welcome. Don’t have a poker face? Come enjoy the tropical atmosphere and featured menu items. Call 655-5698.

26 / Friday

Leilehua Concert Series — Come out to the Grill at Leilehua Golf Course to relax and enjoy Hawaiian music by Na Hoa. This event is free and open to the public. Food and drinks will be available for purchase. Call 655-1711.

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food every last Friday of the month at Kolekole Bar & Grill and Mulligan’s Bar & Grill. Call 655-4466 or 438-1974.

20 / Saturday

Fish and Dive — This expo runs at the Blaisdell Center Exhibition Hall, 3-7 p.m., Saturday, and 9 a.m.-4 p.m., Sunday, at 777 Ward Ave., Honolulu. Visit www.blaisdellcenter.com/ai1ec_event/hawaii-fish-dive-expo or call 768-5252.

Early Octoberfest — Hawaii Prince Hotel is hosting an Octoberfest-style event, 6-10 p.m., Sept. 20. Cost is \$49 per person; includes admission and buffet meal. Must be 21 to attend. Call 952-4789 or visit hawaiiprincehotel.com/oktoberfest.

Kuhio Hula — Authentic Hawaiian music and hula shows Tuesday, Thursday and Saturday, at 6 p.m., at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue in Waikiki. Seating is on the grass; bring beach chairs and mats. Photography is welcome.

24 / Wednesday

Staples in Concert — Mavis Staples, one of the most iconic voices in rock and roll, and founding member of the Staples Sisters, will perform one performance only at the historic Hawaii Theatre, 7:30 p.m., Sept. 24. Ticket prices are \$32, \$42 and \$62

USARPAC Pay Day Scramble — Celebrate pay day the golf way at Nagorski Golf Course. Play in the scramble every last Friday of the month.

Registration for the 18-hole tournament is \$5, per player, paid to the Scramble POC at the course. Call 438-9587.

26 / Friday

Right Arm Night — Kick back at the Nehelani with your “Right Arm.” Drink specials and a pupu buffet beginning at 5 p.m. Spouses and DOD civilians welcome. Play in the Texas Hold’em Tournament for prizes.

Which unit has the most pride? Bring your right arm out to compete for the \$100 MWR Buck prize. Call 655-4466.

29 / Monday

Back to Home-School — Learn about all the online resources the Army Hawaii Libraries have to offer

home-school families at Sgt. Yano Library, 4-5 p.m. This free program will teach how to access library eBooks and eAudiobooks databases and other resources that will assist you and your child on their learning journey.

Traditional school parents are welcome to join. This program is an informational program for parents, but may be helpful for children, too. Call 655-8002.

Ongoing

CYS Services School Liaison Office — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the SKIES studio.

FS Breakfast — Hale Ikena is now serving breakfast. Start your day there. Serving times are Thursday-Sunday at 7 a.m. Call 438-1974.

main lobby, near the flower shop, from 10 a.m.-2 p.m., Sept. 27. This event is free and anonymous.

Keiki Carnival — Kapolei Commons is hosting a free carnival for kids and kids at heart, 10 a.m.-noon, Sept. 27. This free, family-friendly event will feature carnival games, juggler, clown, face painting and make-and-take crafts, prizes and live entertainment. Located at 4450 Kapolei Parkway, Kapolei.

Aloha Festival Parade — A colorful equestrian procession of pau (long-skirted) riders, exquisite floats with cascades of Hawaiian flowers, hula halau, marching bands and dignitaries will enliven Kalakaua Avenue during the Aloha Festivals parade, 9 a.m.-noon, Sept. 27.

The parade route is from Ala Moana Park to Kapiolani Park. Visit www.alohafestivals.com.

28 / Sunday

Gold Star Mothers — The U.S. takes the time to honor and express its gratitude to our Gold Star mothers who have lost a son or daughter in service to the nation on the last Sunday in September. The commu-

See Community Calendar B-4

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

BayFest BodySearch — Potential contestants are invited to enter for the 3 p.m., Oct. 18, event at Marine Corps Base Hawaii, Kaneohe Bay, now. Entrees will model fitness and swimsuit attire, and will be judged on personality, physique and interviewing skills.

A panel of judges will select the winners, and the first through third place male and female finishers will take home cash and prizes.

Entry forms are available at www.BayFestHawaii.com. Call 254-7597.

Glass, Art and Bead Festival — Ward Warehouse, 1050 Ala Moana Blvd., Honolulu, will host this festival from Sept. 19-21. About 25 exhibitors will display beads, gemstones, findings, collectible glass art and jewelry. Admission and parking are free.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

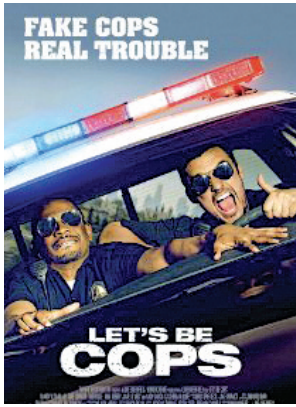
•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES

Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



Let’s Be Cops

(R)
Fri., Sept. 19, 7 p.m.
Thurs., Sept. 25, 7 p.m.

If I Stay

(PG-13)
Sat., Sept. 20, 2 p.m.

The Expendables 3

(PG-13)
Sat., Sept. 20, 6 p.m.



Guardians of the Galaxy

(PG-13)
Sun., Sept. 21, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

‘Night Out’ delights hundreds of keiki at Wheeler

JACKIE M. YOUNG
Contributing Writer

WHEELER ARMY AIRFIELD — Free face painting and glitter tattoos. Bouncy houses and bike patrol rodeo courses. Photo ops with Mc-Gruff the Crime Dog and Eddie the Eagle, (Family and Morale, Welfare and Recreation’s mascot).

Sound like an E.K. Fernandez carnival or fair? Nope.
It was the Island Palm Communities’ “National Night Out 2014” at Wheeler Community Center, Sept. 12th.



Fire engineer Matthew Newman adjusts the coat of a junior firefighter during “National Night Out 2014,” Sept. 12.

About 600 to 700 were expected to attend the free, two-and-a-half-hour event that featured a screening on the lawn of “The LEGO Movie” at the end.
“Our two daughters, Payton, 5, and Ryleigh,

3, are having a lot of fun here tonight, while also learning about safety,” said mom Christi Catt, 28, whose husband, Staff Sgt. Shane Catt, is newly stationed at Schofield. “We brought the girls here, so they’d be comfortable with law enforcement and safety officials and would know what to do in case of an emergency.”

About 10 safety, emergency or social service agencies had tents or tables set up, and most military and civilian emergency responders were represented: Honolulu Police Department (District 2, Wahiawa), Federal Fire fighters (WAAF), Military Police, U.S. Coast Guard, and the K-9 unit.

Youngsters could dress up as junior fire-fighters with a fire helmet and coat, and get their photos taken with fire engineer Matthew Newman from the Wheeler station.

“We’re just trying to get children to feel comfortable with us, to designate them as junior firefighters, so they can help their parents out in an emergency,” said Newman. “Fire can be fun, but it’s also dangerous, and sometimes kids don’t realize there can be serious consequences.”

Newman referred to the recent Makakilo brushfire on Aug. 22 that charred over 1,000 acres that was started by two 7-year-old twin brothers playing with a lighter.

Fire inspector and public information officer Angela Sanders also said when they go out to the schools to talk to children, they always emphasize fire safety.

“We tell the kids what number to call, what to do in case they catch on fire (stop, drop, roll),” said Sanders, “and how often to check smoke detectors, things like that.”

Children got a kick out of hearing the police sirens tweet and blare, and they were able to check out the inside of a real police car. The ex-



Photos by Angela Sanders, Fire Inspector, Federal Fire Department

Fire inspector Roma Rapoza hands out fire safety information to junior firefighters during “National Night Out 2014” at Wheeler Community Center, Sept. 12.

tremely sporty police D.A.R.E. (Drug Abuse Resistance Education) car also made an appearance, and both kids and their parents crowded around it.

“National Night Out really got started on the mainland 31 years ago as a way of thanking the citizen patrol leaders for their help in preventing crime,” explained police officer Jason Boquer-Wintjen.

“Now it’s become more of a general community outreach effort, with safety demonstrations and youth events to promote safer neighborhoods.”

This year was the fourth for organizing the

event for community services manager Sheryl Ferido at IPC, a private property managing partnership between developer Lend Lease and U.S. Army Garrison-Hawaii.

“Island Palm just wants to bring the community together to meet the emergency responders — the firefighters, police, the K-9 unit — to make them more approachable, so people won’t hesitate to call them when needed,” she said.

“We also wanted to hold an event to build positive morale, because, of course, our forces have more serious concerns on their minds,” Ferido added.

PX reports Schofield shoplifting, resulting costs, rising

HAWAII ARMY & AIR FORCE
EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — According to the National Association for Shoplifting Prevention, there are approximately 27 million shoplifters in America, accounting for more than \$35 million a day in losses.

This fact is not lost on retailers, such as the military’s retailer, the Army & Air Force Exchange Service.

While it may not be evident to the naked eye, the Schofield Exchange employs a variety of shoplifting prevention measures, such as closed circuit televisions with DVR technology, high-tech electronic article surveillance and an aggressive youth awareness campaign to prevent theft.

Last year, Exchange efforts led to a 27 percent decrease in theft, from 22 incidents in 2012 to 16.

Sophisticated anti-shoplifting measures are

also being cited as a factor in reducing the costs of products involved in detected cases from \$1,852.63 to \$1,308.05 in 2013.

“Shoplifting at the Hickam Exchange results in a reduced return on investment to our primary shareholders — the military community,” said the Exchange’s Denise Stanley, store manager. “Additionally, since the Exchange is part of the Department of Defense, theft from the Exchange is considered larceny of government property.”

If shoplifting is suspected, the Exchange Loss Prevention office turns the issue over to the installation’s law enforcement authorities. In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act allows the Exchange to enact a flat, administrative cost (civil recovery) of \$200.

There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

We can all enjoy a good ‘old’ summer

Unfortunately, I remember just about everything from middle school, from the Smurfs puffy stickers on my locker to that humiliating time I threw up in the cafeteria and every awkwardly self-conscious moment in between.

During this gawky time in my life, I was clueless. It was as if I was hovering in a state of adolescent limbo between the days of carefree childhood and independent young adulthood.

I lay awake at night in my mock-brass twin bed staring at the Holly Hobby doll on my floral yellow, contact-papered shelf, wondering, “Who the heck am I, anyway?”

I needed a little style, a decent group of friends and maybe, someday, a boyfriend.

But other than practicing kissing on the back of my hand, I had no idea what to do.

Despite all that stuff, my parents told me about being “beautiful on the inside.”

I thought that wearing fashionable clothes to school was the first step to being cool. However, thanks to my absence of self-identity, putting together a stylish outfit was a particularly daunting task.

It was easy for my brother. All he needed was a pair of decent jeans, a few striped shirts left over from his color-coordinated Garani-mals days, and some turf shoes. Part his hair straight down the middle with a huge plastic comb, put that comb in the back pocket of his new jeans and voile! He was totally in style.

For girls, however, it was more complicated. We had to keep up with an intimidating array of trends. Just getting a new pair of jeans was overwhelming. Pleated or plain front? Acid or stonewashed? Tapered or flared? Jordache or Lee?



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

There were madras shirts, Flashdance cut-up sweatshirts, Members Only jackets, cowl necks, Forenza sweaters, oversized blouses worn belted with a broach at the neck, Izod shirts with an upturned collar, turtle-necks printed with whales, and blazers with enormous shoulder pads.



File photo

Growing up as a teenager in the 80s posed distinct fashion challenges.

VS.



Courtesy photo

“I’ll take a slab of bangs and a side of Colonel Sanders ties. Hold the style!”

There were painter’s pants, Hammertime pants, parachute pants, stirrup pants and overalls. There were Jellies, Converse Chucks, Tretorns, Reebok high tops, Vans, penny loafers, Capezios, Docksidiers and Candies faux wood slides.

Not to mention there were the dizzying assortment of accessories: fingerless gloves, leg warmers, Vuarnet sunglasses, Swatch watches,

deely-boppers, bandanas, stick pins, braided headbands, mood rings, fanny packs and banana clips.

I was so confused, and I still had to decide whether rooster bangs or a bi-level would go better with my frosted purple eye shadow. Oh the agony!

Unable to discern my particular style, I never developed a real sense of fashion. I wore a lot of blouses that tied at the neck ala Colonel Sanders, and my hair long with a slab of bangs, or in a pseudo Dorothy Hamill that made me look like my face was framed with a ring of polska kielbasa.

Even when I managed to convince my mother to buy me something trendy from the juniors rack at Hills Department Store, I was still doomed. Like the time I accidentally flung the strap of my overalls into the girl’s restroom toilet before history class, or the time the boy sitting

next to me in English took a bite out of my new root beer Bonne Bell Lip Smacker.

And now, during take my girls back-to-school shopping, I’m amused that many of the trends that confounded me 30 years ago, are back on the racks. Although I am relieved that my girls have a sense of style, I hope that less fashion-savvy kids are not stressing about what to wear to school like I did. Even if they can’t figure out the latest trends, it’s OK because they’ll get another chance when those fashions reappear years later.

Regardless, what’s most important is that our kids learn enough at school that they don’t have to repeat English, mathematics, science or history. Besides, when it comes to back to school fashions, history has a tendency of repeating itself.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



CONTINUED FROM B-2

nity is invited to join Gold Star mothers and families of the fallen at a special remembrance event and lei presentation, 11:30 a.m., Sept. 28, at the National Memorial Cemetery of the Pacific, or Punchbowl.

Mothers and family members who have lost military loved ones will place boots of the fallen and a lei of honor and remembrance at the foot of Lady Columbia. Call 438-9285.

Honolulu Century Ride —
This annual event is 6 a.m.-5 p.m. and attracts over 2,000 participants. It begins and ends at Kapiolani Park and offers riders routes of 20, 25, 40, 50, 75 or 100 miles.

The course winds through beautiful scenic portions of East Honolulu and the Windward Coast. Visit www.hbl.org/honolulucenturyride or call 735-5756.

October 4 / Saturday
Flu Immunization — Tripler Army Medical Center (TAMC) is pleased to offer enrollees flu drives in the Family Medicine Clinic, 8 a.m.-noon, on Oct. 4 and 18.

If you are enrolled at Tripler Family Medicine and are 6 months of age or older, walk in and do your part in protecting yourself and everyone around you. Fight the flu!

5 / Sunday
Children and Youth Day —
The 21st event features hundreds of booths, food trucks and five stages of live music.

It’s the largest children’s event in the state from 10 a.m.-3 p.m. at 415 S. Beretania St., Honolulu. Visit www.childrenandyouthday.com or call 586-6130.

‘Take-Back’ day for unused drug disposal is Sept. 27

LESLIE SWEENEY
Installation Management Command

SAN ANTONIO — Nearly one out of 20 Soldiers misuse painkillers, says the website Army Thin Line.

The website is part of a campaign designed to educate Soldiers, their friends and families and the provider community about the dangers of prescription drug misuse and abuse.

Army Thin Line encourages safe and responsible decisions when using prescription drugs with the goal of reducing the prevalence of prescription drug misuse and abuse in the Army community.

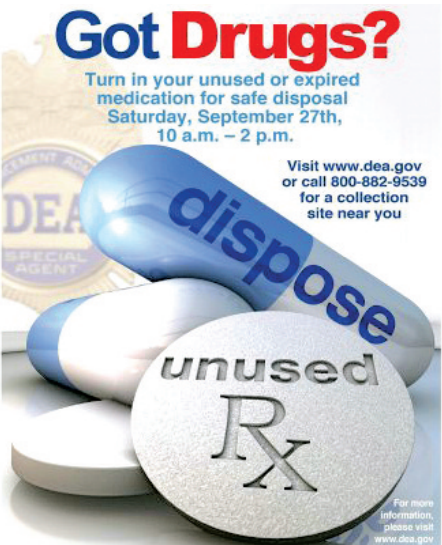
The U.S. Army and the Department of Defense support this initiative. According to the website, it’s not always easy to know if you have crossed the line from proper use to misuse when taking prescription drugs.

Misuse is taking a medication in a way not directed by your doctor, but still trying to treat a condition or symptom for which the medication was originally prescribed.

Abuse is taking the medication in a way not intended by the prescribing doctor, or for the experience or feeling of getting high.

National Prescription Drug Take-Back Day

U.S. Army Installation Management Command garrisons are committed to a drug-free



Army News

National Prescription Drug Take-Back day is designed to reduce intentional and unintentional misuse of prescription drugs.

community.

Many garrisons participate in the National Prescription Drug Take-Back Day. The semi-annual event aims to provide a safe, convenient and responsible means for disposing of prescription drugs while educating the public about the potential for abuse.

Take-Back Day, an initiative of the Drug Enforcement Administration, started in 2010. It encourages American citizens to turn in unused or expired, prescribed medications at designated locations for proper disposal.

The next Take-Back Day takes place, Saturday, Sept. 27.

Army installations across the U.S. are partnering with the U.S. DEA and state and local law enforcement agencies.

“We are very pleased that our garrisons, to include Alaska and Hawaii, have participated in National Prescription Take-Back Day,” said Pamela Budda, IMCOM Army Substance Abuse Program chief, “and made the take-back day events a big success.”

IMCOM garrisons have participated in seven National Prescription Take Back Days so far, resulting in the safe collection and disposal of over 32,000 pounds of prescription drugs.

Military installations will provide drop-off locations to anonymously turn in medications or prescription drugs for all active duty, family members, civilian employees and retirees.

“This is a tremendous opportunity for Soldiers, families and civilians to safely dispose of their medications,” said Budda. “I encourage all of you to support your local National Prescription Take-Back Day collection site and turn in your unused and unwanted medications. Help us eliminate the risk of prescription

More Online

ASAP encourages everyone to visit “It’s a Thin Line” for additional resources for dealing with prescription drug use, misuse and abuse at <https://www.armythinline.org>.

Drop-Offs

Dispose of unused or expired prescriptions and medications at the Schofield Barracks Post Exchange (PX), inside the main lobby, near the flower shop, from 10 a.m.-2 p.m., Sept. 27.

Find other drop-off locations at the DEA website, www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html, or contact your local Army Substance Abuse Program representative.

This event is free and anonymous.

drug abuse or accidental poisoning.”

Each garrison’s ASAP program will serve as the installation point of contact and coordinate proper medication handling and disposal. Installations will have certified law enforcement personnel present at drop-off locations for the duration of Take-Back Day activities.

(Editor’s note: Sweeney works at IMCOM’s Army Substance Abuse Program.)

Hawaii ‘no-show’ appointments clarified

ANA ALLEN
Pacific Regional Medical Command Public Affairs

HONOLULU — The Hawaii Enhanced Multi-Service Market (eMSM) has formalized show time, no-show and late show policies to ensure consistency across military treatment facilities (MTF) within the Hawaii market in a memorandum signed by Brig. Gen. Dennis Doyle, senior market manager for the Hawaii eMSM, dated July 29, 2014.

The policy defines the show time for all medical appointments as the scheduled appointment time.

Dental appointment show times remain ser-

vice specific.

Patients will be considered no-shows if they are not present for their appointments, leave without being seen or arrive less than 10 minutes after their scheduled appointment time.

Patients who are unable to cancel their appointment at least two hours prior to the scheduled appointment are also considered no-shows.

If the appointment is between the hours of 12 a.m. and 9 a.m., patients are required to cancel their appointment prior to the close of business the previous duty day.

If a patient checks in for their appointment

more than 10 minutes after their scheduled appointment, they are considered a no-show.

At that point, clinics will determine if the patient can still be seen based on staff availability and patient workload or reschedule at the beneficiary’s convenience.

“When a patient fails to show for a scheduled appointment, a ripple effect occurs. Not only does that patient miss his or her appointment, but we are unable to offer that appointment to another patient who is seeking care,” said Maj. Clint Cobb, chief of the Clinical Support Division at Tripler Army Medical Center.

Cobb said there is also a financial benefit to the policy.

See eMSM B-6



Courtesy photo

The eMSM system formalizes policies that ensure consistency for making and cancelling medical appointments at treatment facilities.

Recovery advocates want all to speak

BETHANN CAMERON
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Maryland — Do you know someone whose alcohol or drug use is affecting their work, health or relationships?

Addiction affects people of all ages, regardless of income, education, ethnicity, sexuality and/or community.

Continued misuse leads to addiction and requires professional help.

National Recovery Month is observed in September to raise awareness and educate communities about the prevention, treatment and recovery resources available for mental and substance abuse.

According to the 2012 National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration (SAMHSA), more than 22 million people over the age of 12 were addicted to alcohol or drugs, 2.8 million people abused both alcohol and illegal drugs, and 14.9 million people abused alcohol.

Some military service members also have problems with alcohol and drugs.

The 2011 Health-Related Behaviors Survey of Active Duty Military Personnel indicated that 8.4 percent of those surveyed drank five or more drinks on the same occasion. Ten percent of service members reported drinking at work and 11.3 percent indicated having problems because of drinking.

Misuse of prescription drugs was reported by 1.3 percent of active duty personnel.

The negative consequences of excessive alcohol and drug use takes a toll on military service members’ lives. It affects work performance, morale and mission. Physical and mental health, as well as families, are affected.

Recovery is a process
Each day, millions of Americans take steps



File photos



National statistics indicate more than 22 million Americans are addicted to drugs or alcohol.

toward recovery from alcohol and drug addiction. During National Recovery Month, people are encouraged to speak up about addiction and celebrate those in recovery.

According to SAMHSA, recovery is a process of change. Individuals work to improve their own health and live a meaningful life to achieve their full potential. Recovery from an addiction to alcohol or drugs is a complex and active process that involves others. The National Council on Alcoholism and Drug Dependence estimates that as many as 20 million people are living in recovery.

Recovery from addiction requires a personal commitment to change. Just like other chronic diseases, such as diabetes, the earlier a person gets help, the better. The longer alcohol or drugs are abused, the more important it is to intervene. It involves a process of healing. It involves participating in an intervention to over-

come dependence.

Recovery components
SAMHSA states four major domains are needed to support recovery:

- Health:** Managing one’s disease leading to healthier physical and emotional lives.
- Home:** Having a stable and safe place to live
- Purpose:** Having meaningful daily activities, such as a job, school, volunteer activities and contributing to society.
- Community:** Having relationships and social networks that provide support, friendship, love and hope.

Recovery as community
Recovery is not just for the person who abuses alcohol or drugs. It also involves participation of family and friends.

- Be part of the solution.** Understand the addiction process of alcohol and drugs. A person’s addiction can affect family members and friends.

It is important that family and friends recognize their own feelings and reactions when dealing with a loved one who is abusing alcohol or drugs, so as not to enable their behavior.

- Be supportive.** Resilience is important for recovery. Physical, social, emotional and educational support leads to and builds resilience. Support and encouragement from friends and family can be critical in leading people to get help and/or treatment. Stigma, such as, being viewed as weak, prevents individuals from seeking help.

(Editor’s note: Cameron is a health educator at USAPHC.)

eMSN: Explains scheduling

CONTINUED FROM B-5

“When a patient is unable to make an appointment, he or she may head to the emergency department or seek care within the civilian health care network. These are more expensive health care options,” Cobb explained. “Adherence to the no-show policy allows for better management of our resources. This policy is an important measure to improve the access to care for all our valued beneficiaries in Hawaii.”


Cancellation Options

- Patients wishing to cancel their appointments have several options
- Appointments booked through TRICARE Online (TOL) may also be canceled through the site at www.tricareonline.com, where beneficiaries may also sign-up for emails and text messages with medical appointment reminders.
 - Medical appointments may be canceled during business hours by calling the central appointment office at the respective military treatment facility (Army, 433-2778; Air Force, 448-6000; Navy/Marines, 473-0247).
 - Patients needing to cancel a behavioral health, mental health or substance abuse appointments will need to call to cancel.
- For the full policy, visit www.tamc.amedd.army.mil



Courtesy photo

Learning how to schedule, cancel and change appointments for Tripler Army Medical Center is outlined in eMSN.



Substance Abuse and Mental Health Services Administration

National Recovery Month

SEPTEMBER 2014

25 YEARS

September is Recovery Month in its 25th year. **Recovery Month** promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders. This year's theme, **"Join the Voices for Recovery: Speak Up, Reach Out,"** encourages people to openly speak up about mental and substance use disorders and the reality of recovery, and promotes ways individuals can use to recognize behavioral health issues and reach out for help. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Find Support

The SAMHSA National Helpline, 1-800-662-HELP, offers 24-hour free and confidential information on alcohol and substance abuse and referrals for treatment.

The Army Substance Abuse Program offers support for recovery.

TRICARE offers programs and resources for alcohol and drug abuse.

To learn more, visit <http://recoverymonth.gov/>.

Suicide prevention help urged

TRICARE
News Article

Suicide is the tenth leading cause of death for Americans, and military veterans make up 20 percent of suicide deaths each year.

TRICARE works with the Defense Suicide Prevention Office, the Department of Defense’s oversight authority, to reduce the impact of suicide on service members and their families, to provide mental health resources to all TRICARE beneficiaries.

If you know someone who needs help or just needs someone to talk to, encourage that person to reach out to people who may have been exactly where they are right now — fellow veterans and family members.

Vets4Warriors is a free, confidential, peer-to-peer support service. Veterans and family members representing all branches of the services staff the Vets4Warriors call center.

In more urgent situations, if someone you know is in distress or may be contemplating suicide, they can contact the Military Crisis Line im-

mediately via phone, online chat or text message.

TRICARE’s Nurse Advice Line is also a valuable resource for beneficiaries currently dealing with the unique stressors of life in the service. Sometimes stress becomes a men-

Reaching Out for Help
If you or someone you know needs help, it is available.

Vets4Warriors
You can connect with Vets4Warriors anytime by phone (1-855-838-8255), on-line chat (Vets4Warriors.com), or e-mail (Info@Vets4Warriors.com).

Military Crisis Line
Available immediately via phone, online chat or text message. Just call 1-800-273-8255 and press 1; visit www.militarycrisisline.net; or text 838255. Trained professionals are always

tal health issue. If you are feeling depressed, anxious or are thinking of harming yourself, the Nurse Advice Line is here to help.

Asking for help can be hard, but it is a necessary first step in receiving help and treatment.

there, 24 hours a day, 365 days a year.

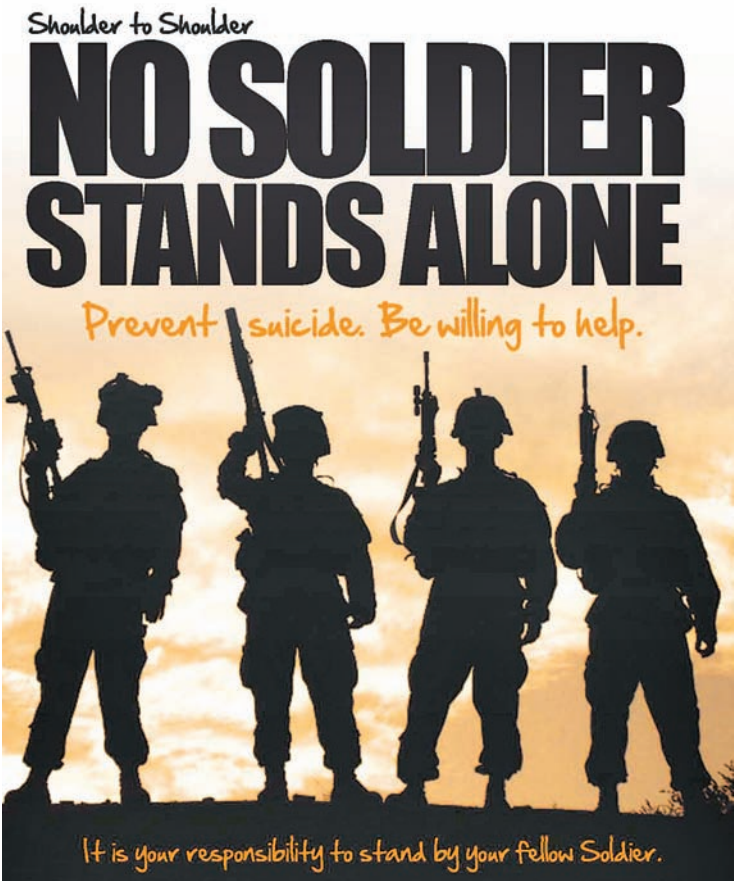
Nurse Advise Hotline
NAL nurses can talk to you and help you get the care you need. To access the Nurse Advice Line, call 1-800-TRICARE, option 1. To learn more about TRICARE’s Nurse Advice Line, visit www.tricare.mil/nal.

TRICARE Treatment
Call your TRICARE regional contractor for more details about getting behavioral health care. Visit www.tricare.mil/mhcare.



File photo

Prevention hotlines are available.



Courtesy photo

If you know someone who needs help or simply someone to talk to, lead that person to a trusted resource.



Courtesy photo

Learning to eat slowly and mindfully can produce multiple benefits that include better digestion and increased appreciation for healthy foods.



PERFORMANCE TRIAD

Triad advances into Week 16

U.S. ARMY GARRISON-HAWAII
News Release

Have you been monitoring your sleep, activity and nutrition habits?
The goal is to keep making progress with the Performance Triad challenge.

Sleep Goal
Start building a better sleeping environment. Minimize disturbances by keeping your bedroom quiet and dark and at a comfortable temperature.

Activity Goal
Regular exercise increases blood flow, burns calories and helps to maintain a healthy weight. Keep looking for opportunities for activity in your daily routine.
Running errands? Park further from the en-

trance of the building.
On your cell phone? Go hands free while you walk and talk.
Ditch the elevator. Take the stairs whenever possible.

Nutrition Goal
Practice mindful eating. Eat slowly and enjoy your food. Stop eating when you feel full.
Check out this website for tips to avoid mindless eating by changing your food environment, <http://mindlesseating.org/>.

Eat Smart
Eating well translates into eating wisely. Visit www.choosemyplate.gov/food-groups/emptycalories_count_table.html.